

# Manchester Buddhist Centre & Bodywise Open Day

Saturday 3rd October 11am – 4pm  
Programme

## Buddhism and Meditation

- **Tours of Manchester Buddhist Centre**

Explore the history of the Buddhist Centre, experience the beauty of the building, and enjoy

a short taste of meditation

**11am - 12pm** meet in reception – *Just turn up*

**3pm - 4pm** meet in reception – *Just turn up*

- **Buddhism Taster Sessions**

What is Buddhism all about? Why do Buddhists meditate? Do you have to live in a monastery to be a Buddhist? All these questions, and more, will be answered in these hour long introductions

**12pm - 1pm** in the Lotus hall, first floor – *Just turn up*

**2pm - 3pm** in the Lotus Hall, first floor – *Just turn up*

- **Meditation Taster Sessions**

Learn the basic techniques of meditation, and discover how it can help you in your life

**11am - 12pm** in the Vajra Hall, first floor – *Just turn up*

**1pm - 2pm** in the Vajra Hall, first floor – *Just turn up*

- **Young People's Introduction to Buddhism**

Take part in our very own Buddhist quiz!

**12pm - 1pm** in the Vajra Hall, first floor – *Just turn up*

- **Children's Session**

Watch a DVD of Buddhist stories, and colour in your very own Buddha!

**11am - 1pm** in the Library second floor – *Just turn up*

## For Teachers

- **Clear Vision Education Service**

Meet the Buddhist Centre's Education Officer, ask questions, find out about what we offer

to schools, and try a taste of meditation

**4pm - 5pm** in the Lotus Hall, first floor – *Just turn up*

## **Pain and Stress Management**

- **Breathworks**

Come along and experience an introduction to mindfulness-based approaches to Living Well with Stress, Pain or Illness; and a guided body scan designed to support greater ease and awareness of the body

**1pm - 2pm** in the Lotus Hall, first floor – *Just turn up/limited numbers*

## **Natural Health Treatments**

- **Bodywise Natural Health Centre**

Enjoy a taste of the many alternative treatments available, all on the second floor.

**Yoga taster sessions** – *Just turn up*

**2.15pm - 3pm** in the Yoga Studio

**3.15pm - 4pm** in the Yoga Studio

**Alexander Technique taster session** – *Just turn up*

**12.30pm - 1.30pm** in the Yoga Studio

**Counselling taster sessions** – *For your session, ask at Bodywise reception on the day*

**11am - 12pm** in the meeting room

**12pm - 1pm** in the meeting room

**Hakomi Therapy taster session** - *For your session, ask at Bodywise reception on the day*

**1.30pm - 3pm** in the library

**Career Coaching - group sessions** – *Just turn up*

**1pm - 1.45pm** in the meeting room

**2pm - 2.45pm** in the meeting room

**3pm - 3.45pm** in the meeting room

**Reflexology taster sessions** - *For your session, ask at Bodywise reception on the day*

**11am - 12pm** in the massage room

**Shiatsu taster sessions** - *For your session, ask at Bodywise reception on the day*

Half hour sessions between **11am and 4pm**

## **Earth Cafe Vegetarian Cafe and Juice Bar**

- In the basement of the Buddhist Centre, visit our award winning Earth Cafe, where you can sample vegan and vegetarian snacks, meals, cakes, and juices **10am - 5pm**

